



Gut Health: Advanced Digestive Support Formula

A meticulously crafted blend of medicinal mushrooms, traditional herbal extracts, digestive enzymes, essential micronutrients, and antioxidant-rich botanicals **designed to restore and optimize gastrointestinal integrity. This comprehensive formula supports microbial balance, gut lining regeneration, enzymatic digestion, and nutrient assimilation.**

Key Benefits



Microbiome Support & Pathogen Defense

Black Pepper, Garlic, Oregano, and Basil exhibit antimicrobial and antifungal activity to regulate gut flora without harming beneficial species.



Digestive Enzyme & Bile Flow Activation

Bromelain, Ginger, Artichoke, and Cardamom help stimulate bile and enzymatic activity, promoting smoother digestion and reducing bloating.



Gut Lining & Mucosal Repair

Licorice (DGL), Lion's Mane, Tremella, and Reishi mushrooms support mucosal healing, integrity of tight junctions, and reduction of intestinal permeability.



Prebiotic & Antioxidant-Rich Superfoods

Spirulina, Chlorella, Camu Camu, and Sea Buckthorn feed beneficial bacteria and protect cells from oxidative stress.



What Makes This Formula Unique

Comprehensive Mycotherapy Spectrum

Five medicinal mushrooms (Lion's Mane, Reishi, Tremella, Turkey Tail, Shiitake) contribute immune modulation, prebiotic polysaccharides, and tissue regeneration support for the gut lining.

Triphala & Galla Chinensis

These Ayurvedic and TCM botanicals gently tone the bowel, support microbiome modulation, and act as astringents to reduce inflammation and microbial overgrowth.

Mucosal & Enzyme Matrix

Includes Royal Jelly, Licorice, and enzymes like Bromelain for mucus barrier restoration and breakdown of inflammatory proteins.

Gut-Brain Axis Modulation

B vitamins, Lion's Mane, Magnesium, and CoQ10 support neurotransmitter production and mitochondrial health—vital for mood, cognition, and vagal nerve signaling.

Stage-Based Benefits: Immediate Effects (0-6 Hours)

In the first few hours after taking Gut Health, the formula begins working to provide immediate digestive support through enzyme activation, microbiome priming, anti-inflammatory action, and gut motility stimulation.

Key Mechanisms

- Bromelain, Ginger, Cayenne, and Cardamom stimulate gastric motility and enzyme secretion
- Black Pepper enhances the bioavailability of curcuminoids and fat-soluble nutrients
- Licorice, Coriander, Cinnamon, and Folic Acid soothe mucosal tissues
- Artichoke and Camu Camu enhance bile flow and antioxidant buffering



The immediate outcome includes improved digestion, reduced bloating, gut lining soothing, and short-term support for microbial balance.

Stage-Based Benefits: Sustained Effects (6-24 Hours)



Microbiome Shaping

Reishi, Chaga, Turkey Tail, and Tremella mushrooms provide beta-glucans to support immune balance and microbial terrain.



Immune Modulation

Spirulina, Chlorella, and Wheat Grass detoxify the GI tract and support alkalinity, while Royal Jelly and Kelp Rockweed nourish gut flora.



Gut-Liver Axis Regulation

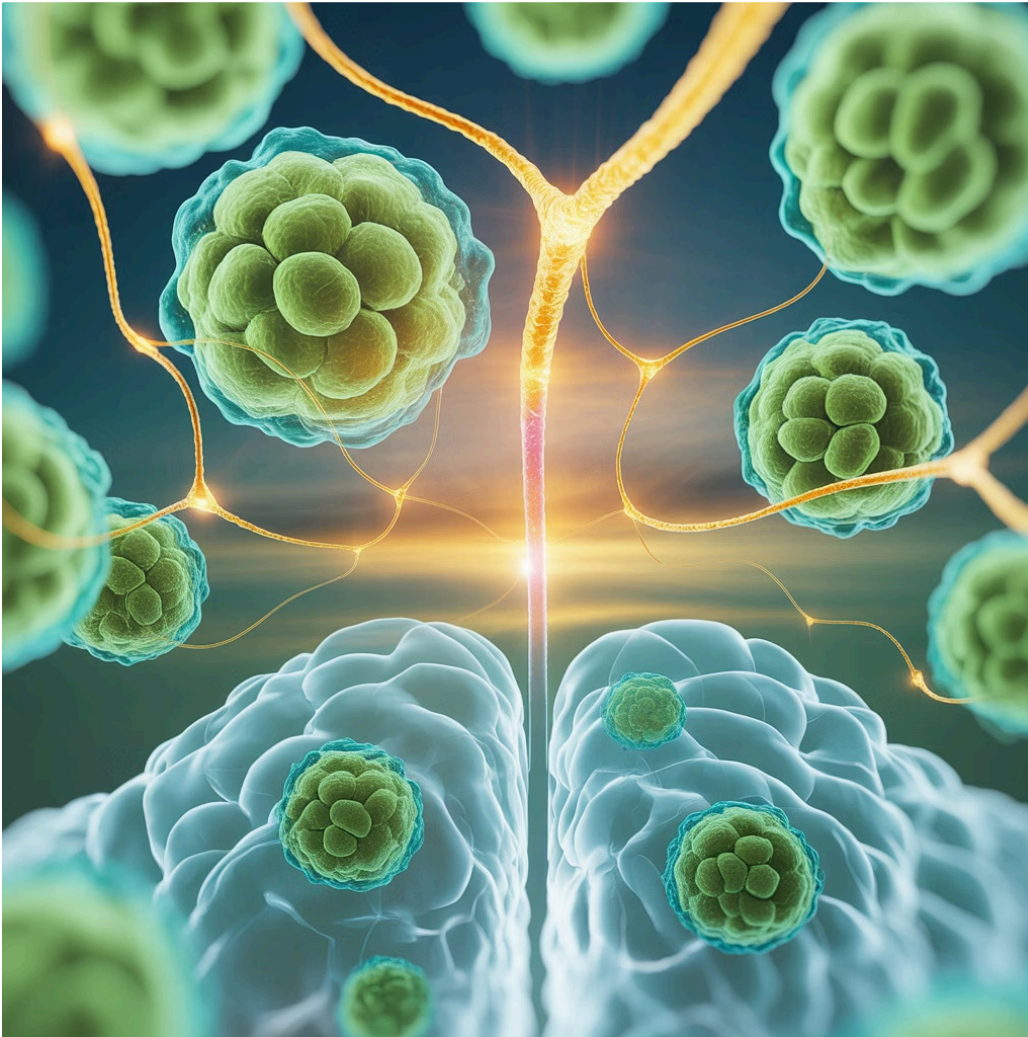
Sea Buckthorn, Rosemary, and Basil reduce oxidative stress and protect mucosal lining integrity, while Triphala offers polyherbal support for bowel regularity.



Inflammation Buffering

Vitamin B-complex and Zinc support enzymatic and barrier function, resulting in sustained bowel regularity and reduced inflammation.

Stage-Based Benefits: Adaptive Effects (Days to Weeks)



Focus Areas

During this stage, the formula works on barrier integrity, gut-brain axis stabilization, enteric nervous system support, and metabolic repair.

Key Ingredients & Actions

- Lion's Mane, Oyster, Shiitake, and Cordyceps support nerve regeneration and gut-brain communication
- Cacao, Rosemary, Cumin, and Oregano provide neurological antioxidant protection
- CoQ10, Magnesium, Vitamin A, and Alpha Lipoic Acid support mitochondrial and barrier cell health
- Bladderwrack and Galla Chinensis offer antibacterial and biofilm-disrupting properties

The outcome includes improved gut barrier strength, enhanced mood and cognition via gut-brain signals, and reduced metabolic endotoxemia.

Stage-Based Benefits: Long-Term Benefits (Weeks to Months)

Mucosal Healing

Sea Buckthorn, Licorice, Triphala, and Chlorella repair mucosal lining and reduce ulcer risk, creating a stronger protective barrier.

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Microbiome Conditioning

Reishi, Tremella, and Cordyceps support sustained immune balance and gut flora diversity for optimal digestive function.

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GI Resilience

Turmeric, Rosemary, Oregano, and Ginger help suppress long-term gut inflammation and microbiome dysbiosis.

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Inflammatory Load Reduction

Vitamin A, Vitamin D, Vitamin K, and Zinc promote epithelial renewal and tight junction strength for whole-body inflammation reduction.

With continued use, these ingredients contribute to long-term immune tolerance, nutrient absorption, microbiota remodeling, and reduced inflammatory signaling across the body.

Scientific Research Highlights

Mucosal Healing Research

Studies show that Licorice activates the Nrf2/PINK1 signaling pathway, enhancing autophagy and reducing inflammation, which aids in mucosal repair (Kong et al., 2023). Lion's Mane and Tremella polysaccharides contribute to gastrointestinal health by regulating microbiota and enhancing mucosal barrier function.

Digestive Enzyme Activity

Research indicates that Bromelain improves overall digestive function by acting on various physiological targets (Meiser et al., 2013). Ginger significantly enhances the activity of pancreatic enzymes such as lipase and amylase, leading to improved fat digestion (Usha & Srinivasan, 2011).

Gut-Brain Axis Support

B-vitamins are crucial for neurotransmitter synthesis, impacting mood and cognition (Corner, 2024). CoQ10 is vital for mitochondrial energy production, which is essential for both gut and brain health, helping reduce oxidative stress (Ashique et al., 2024).

Comparative Advantage

Nueva Alma Gut Health Formula

- Comprehensive formulation integrating gut repair, liver flow, microbiome balance, immunity, and detox
- Strategic use of spices, mushrooms, enzymes, and botanicals for optimal bioavailability
- Supports inflammation reduction, mucosal healing, gut-brain axis, and mitochondrial health
- Contains 5 medicinal mushrooms for immune modulation and tissue regeneration
- Includes full spectrum of vitamins and minerals as enzyme cofactors

Competitor Products

- Often lack mushrooms, polyphenols, and mitochondrial support
- Missing adaptogens or direct immune system modulation
- Insufficient micronutrient and enzyme cofactor diversity
- Limited focus on gut-brain axis and systemic inflammation
- May provide basic microbiome support but lack depth and biochemical diversity

Nueva Alma Gut Health Formula is a complete digestive and systemic resilience solution for long-term GI and immune function, while many competitor products are effective only for basic microbiome and fiber support.

Usage & Summary of Benefits

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Daily Dosage

Capsules per day, recommended to take at night

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Medicinal Mushrooms

Lion's Mane, Reishi, Tremella, Turkey Tail, Shiitake

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Key Benefit Areas

Digestive support, microbiome balance, gut lining repair, inflammation control

Summary of Benefits

- Acute digestive support and anti-inflammatory relief
- Sustained microbiome and mucosal immune support
- Regeneration of the gut lining and gut-brain communication
- Long-term resilience against leaky gut, dysbiosis, and inflammatory conditions

This comprehensive formula **addresses the entire spectrum of gut health needs, from immediate digestive relief to long-term gastrointestinal resilience, supporting overall wellness through the gut-brain-immune connection.**